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CO 520 Narrative Pastoral Counseling

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Asbury Theological Seminary

**A Syllabus and General Guide for
Narrative Pastoral Counseling
CO520
Summer 2002**

**Burrell D. Dinkins, Th.D.
Johnson Chair of Pastoral Counseling**

I. Course Description:

This course is designed as an examination of the theory and practice of a postmodern approach to counseling from the perspective of narrative. The process of authoring and reauthoring lives through stories will be examined from the disciplines of literature, psychology, Bible, theology, psychotherapy and spiritual direction.

II. General Goals: The goals of CO520 are to help students:

1. Develop a basic understanding of the issues of postmodern theory and techniques of counseling.
2. Integrate narrative theory with the practice of narrative counseling.
3. Bridge the gap between exegesis and diegesis in Bible studies.
4. Examine the importance of asking timely, well-formulated questions.
5. Explore how their own lives have been authored and discover ways to reauthor themselves from the perspective of the biblical metanarratives.
6. Find cross-cultural means of communication,
7. Discover ways to become practitioners of Narrative Counseling,

III. Prerequisite For the Course:

Before enrolling in this class students must have successfully completed PC510 (Pastoral Care and Counseling) or PM654 (The Helping Relationship).

IV. Time: The class will Monday, May 27 (Memorial Day) – Friday, May 31. 8:00am – 12:00pm and 1:30 – 4:30pm.

V. A. Course Reading: A minimum of 1500 pages of reading in textbooks and research projects will be required.

B. Research Projects: Students will select a topic related to narrative studies for research and write a 12-15 page academic paper.

C. Practice Sessions: Students will be asked to practice narrative counseling skills in class sessions.

D. Final Exam. An open book take home exam will be used to evaluate academic knowledge and clinical skills.

Evaluation System:

The following percentages will determine the numerical and the letter grade.

- 30% Research project
- 20% Team role-play and class discussion
- 20% Reading report
- 30% Final Exam

VII. Texts:

- 1) Coles, The Call of Stories
- 2) Monk, Winslade, Crocket and Epston: Narrative Therapy in Practice: The Archeology of Hope, Jossey Bass.
- 3) Rooks, Diane. Spinning Gold Out of Straw: How Stories Heal. FL: Saltrun Press, 2001.
- 4) Simmons, Annette. The Story Factor. MA: Perseus Publishers, 2001.
- 5) White, Michael and David Epston. Narrative Means To Therapeutic Ends.

VIII. Bibliography:

- 1) Almond, Barbara. The Therapeutic Narrative: Fictional Relationships and the Process of Psychological Change. CN: Praeger, 1996.
- 2) Alter, Robert. The Art of Biblical Narrative. NY: BasicBooks, 1981.
- 3) Anderson, H. & E. Foley. Mighty Stories, Dangerous Rituals: Weaving Together the Human and the Divine. CA: Jossey-Bass Publishers, 1998.
- 4) Anderson, Harlene. Conversation, Language, and Possibilities: A Postmodern Approach to Therapy. NY: BasicBooks, 1997.
- 5) Boomershine, Thomas E. Story Journey: An Invitation to the Gospel as Storytelling. TN: Abingdon Press, 1990.
- 6) Bradt, Kevin M. Story as a Way of Knowing. MO: Sheed & Ward, 1997.
- 7) Brizee, Robert. The Gift of Listening. MO: Chalice Press, 1993.
- 8) Brockelman, Paul. The Inside Story: A Narrative Approach to Religious Understanding and Truth. NY: State Univ. of NY Press, 1992.
- 9) Bruner, Jerome. Acts of Meaning. MA: Harvard Univ. Press, 1990.
- 10) Capps, Donald. Living Stories: Pastoral Counseling in Congregational Context. MN: Fortress Press, 1998.
- 11) Coles, Robert. The Call of Stories: Teaching and the Moral Imagination. MA: Houghton Mifflin Co., 1989.
- 12) Crossan, John D. The Dark Interval: Towards a Theology of Story. IL: Argus Communications, 1975.
- 13) Diamond, Jonathan. Narrative Means to Sober Ends: Treating Addiction and its Aftermath. NY: The Guilford Press, 2000.
- 14) Eakin, Paul J. How Are Lives Become Stories: Making Selves. NY: Cornell University Press, 1999.
- 15) Epton, D. & M. White. Experience, Contradiction, Narrative & Imagination. S. Australia: Dulwich Centre Publications, 1992.
- 16) Eron, Joseph & T. Lund. Narrative Solutions in Brief Therapy. NY: The Guilford Press, 1996.

- 17) Eslinger, Richard L. Narrative Imagination: Preaching the Worlds that Shape Us. MN: Fortress Press, 1995.
- 18) Freedman, J. & G. Combs. Narrative Therapy: The Social Construction of Preferred Realities. NY: W.W. Norton & Co., 1996.
- 19) Freeman, J. et al. Playful Approaches to Serious Problems: Narrative Therapy with Children & their Families. NY: W.W. Norton & Co., 1997.
- 20) Furman, Ben. Solution Talk: Hosting Therapeutic Conversations. NY: W.W. Norton & Co., 1992.
- 21) Gersie, Alida. Storymaking in Bereavement: Dragons Fight in the Meadow. PA: Jessica Kingsley Pub, 1991.
- 22) Gilligan, S. & R. Price. Therapeutic Conversations. NY: W.W. Norton & Co., 1993.
- 23) Goldberg, Michael. Theology & Narrative: A Critical Introduction. PA: Trinity Press Int'l, 1991.
- 24) Griffith, James L. & M. The Body Speaks: Therapeutic Dialogues for Mind-Body Problems. NY: BasicBooks, 1994.
- 25) Hudson, Patricia. Rewriting Love Stories: Brief Marital Therapy. NY: W.W. Norton & Co., 1991.
- 26) Kerby, Anthony P. Narrative and the Self. IN: Indiana Univ. Press, 1991.
- 27) Lee, D. John. Storying Ourselves: A Narrative Perspective on Christians in Psychology. MI: Baker Books, 1993.
- 28) L'Engle, Madeleine. The Rock that is Higher: Story as Truth. IL: Harold Shaw Publishers, 1993.
- 29) Lopez, Barry. About this Life: Journeys on the Threshold of Memory. NY: Vintage Books, 1998.
- 30) Louhlin, Gerard. Telling God's Story: Bible, Church & Narrative Theology. NY: Cambridge Univ. Press, 1996.
- 31) McFague, Sallie. Metaphorical Theology: Models of God in Religious Language. PA: Fortress Press, 1982.
- 32) McNamee, Sheila. Therapy as Social Construction. London: Sage Publications, 1992.

- 33) Middleton, J. R. & B. Walsh. Truth is Stranger than it Used to Be: Biblical Faith in a Postmodern Age. IL: InterVarsity Press, 1995.
- 34) Milton, Ralph. Is This Your Idea of a Good Time, God?: Discovering Yourself in Biblical Stories. Canada: Wood Lake Books, 1995.
- 35) Monk, Winslade, Crockett, Epston. Narrative Therapy in Practice: The Archaeology of Hope. CA: Jossey-Bass Publishers, 1997.
- 36) Osborne, Grant R. The Hermeneutical Spiral: A Comprehensive Introduction to Biblical Interpretation. IL: InterVarsity Press, 1991.
- 37) Parry, A. & R. Doan. Story Re-Visions: Narrative Therapy in the Postmodern World. NY: The Guilford Press, 1994.
- 38) Pearce, Stephen S. Flash of Insight: Metaphor and Narrative in Therapy. MA: Allyn & Bacon, 1996.
- 39) Polkinghorne, Donald E. Narrative Knowing and the Human Sciences. NY: State Univ. of NY Press, 1988.
- 40) Powell, Mark A. What is Narrative Criticism? MN: Fortress Press, 1990.
- 41) Rhoads, D. & D. Michie. Mark as Story: An Introduction to the Narrative of a Gospel. PA: Fortress Press, 1982.
- 42) Ricoeur, Paul. Time & Narrative v.1. IL: Univ. of Chicago Press, 1983.
- 43) Ricoeur, Paul. Time & Narrative v.2. IL: Univ. of Chicago Press, 1984.
- 44) Ricoeur, Paul. Time & Narrative v.3. IL: Univ. of Chicago Press, 1985.
- 45) Sarbin, Theodore R. Narrative Psychology: The Storied Nature of Human Conduct. CN: Praeger, 1986.
- 46) Shotter, John. Conversational Realities: Constructing Life Through Language. London: Sage Publications, 1993.
- 47) Smith, Criag & D. Nylund. Narrative Therapies with Children and Adolescents. NY: The Guilford Press, 1997.
- 48) Taylor, Daniel. The Healing Power of Stories: Creating Yourself through the Stories of your Life. NY: Doubleday, 1996.

- 49) Trobisch, David. Paul's Letter Collection: Tracing the Origins. MN: Fortress Press, 1994.
- 50) Wallas, Lee. Stories for the Third Ear: Using Hypnotic Fables in Psychotherapy. NY: W.W. Norton & Co., 1985.
- 51) Webb, Willyn. Solutioning: Solution-Focused Interventions for Counselors. PA: Accelerated Development, 1999.
- 52) White, M. & D. Epston. Narrative Means to Therapeutic Ends. NY: W.W. Norton & Co., 1990.
- 53) White, Michael. Selected Papers. S. Australia: Dulwich Centre Publications, 1989.
- 54) White, Michael. Re-Authoring Lives: Interviews & Essays. S. Australia: Dulwich Centre Publications, 1995.
- 55) White, William R. Speaking in Stories: Resources for Christian Storytellers. MN: Augsburg Pub. House, 1982.
- 56) Wimberly, Edward P. Using Scripture in Pastoral Counseling. TN: Abingdon Press, 1994.
- 57) Wimberly, Edward P. Recalling our own Stories: Spiritual Renewal for Religious Caregivers. CA: Jossey-Bass Publishers, 1997.
- 58) Witherington, Ben. Paul's Narrative Thought World: The Tapestry of Tragedy & Triumph. KY: Westminster/JK Press, 1994.
- 59) Zimmerman & Dickerson. If Problems Talked: Narrative Therapy in Action. NY: The Guilford Press, 1996.

**Narrative Pastoral Counseling
CO520**

Class Schedule

Date	Hour	Class Topic
Monday, May 27 (Memorial Day)	8:00-9:15	Introduction to N. P. C.
	9:15-9:25	Break
	9:25-10:40	Telling Our Stories
	10:40-10:45	Break
	12:00-1:30	Lunch
	1:30-2:45	Narrative Concepts & Assumptions
	2:45-3:00	Break
	3:00-4:30	Story Listening Skills
Tuesday, May 28	8:00-9:15	Cross-Cultural Counseling Conversations
	9:15-9:25	Break
	9:25-10:40	Asking Questions
	10:40-10:45	Break
	10:45-12:00	Developing An Attitude of Hope
	12:00-1:30	Lunch
	1:30-2:45	Discovering Competencies, Building on Strengths
	2:45-3:00	Break
	3:00-4:30	Story Development Skills
Wednesday, May 29	8:00-9:15	Discover and Expand the Plot
	9:15-9:25	Break
	9:25-10:40	Past-present, Present-present, Future-present Time
	10:40-10:45	Break
	10:45-12:00	Cinephotography stories
	12:00-1:30	Lunch
	1:30-2:45	Narrative Conversation Demonstration
	2:45-3:00	Break
	3:00-4:30	Building Vision Stories
Thursday, May 30	8:00-9:15	Bible Stories
	9:15-9:25	Break
	9:25-10:40	Uncovering Stories of Faith
	10:40-10:45	Break

Thursday, May 30
(cont.)

10:45-12:00
12:00-1:30
1:30-2:45
2:45-3:00
3:00-4:30

The Healing Power of Stories
Lunch
Crisis Stories
Break
Creating Stories

Friday, May 31

8:00-9:15
9:15-9:25
9:25-10:40
10:40-10:45
10:45-12:00

Writing Narrative Letters
Break
Narrative Leadership
Break
The limitations of narrative approaches to
counseling summary